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Celebrity Buzz

Winehouse planning move to St. Lucia

pg 18

Alta. woman released by captors

NIGERIA A British news source is reporting that 45-year-old Julie Mulligan has been released by her Nigerian captors.

"She is in good health and in the custody of the security services," a Kaduna police spokesman told the BBC.

The Drayton Valley woman was apprehended by gunmen while on a Rotary Club trip on April 16.

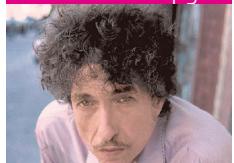
Her kidnappers demanded a ransom equivalent to \$166,000.

A police spokesman said it was unclear if any ransom was paid.

"We will have more details tomorrow, all I know is that she is healthy and in Kaduna in the custody of the security services," he said.

METRO CANADA

Entertainment pg 16



Dylan tackles getting older

Food pg 13



Get nutty for spicy snack

NHL Flames players look to next year



Flames fan Lorie Aardse poses with Jarome Iginla, as the Calgary forward finished up his medical exam and final team meetings at the Saddledome yesterday. Find out what the players had to say about their early exit from the playoffs and what lies ahead on pg 10.

Bosnian fugitive found in Calgary

SHAWN LOGAN
for Metro Calgary

ARREST After more than a decade on the lam, Alberta sheriffs have captured a convicted Bosnian double murderer.

Working on a tip from Hamilton cops, a 13-year manhunt was ended on Tuesday when Elvir Pobric, 37, was collared by sheriffs working with city police, setting up a traffic stop to nab the fugitive who escaped a Bosnian prison in 1996 and had been working in Calgary.

Elish Lemieux, a spokeswoman for the Alberta solicitor general's office, said the bust is an important one for the year-old Fugitive Apprehension Sheriff Support Team (FASST), getting an escaped, convicted murderer off the streets.

"This unit is here to help keep Alberta safe and that's what they did," she said.

Pobric was convicted of the execution-style slaying of two associates in 1992, but slipped out of custody just three years into his 20-year sentence.

He will be appearing in Calgary court today facing several charges.

Lisa White of Canadian Border Services said following his appearance for charges in Calgary he will likely face an immigration hearing that will determine whether he will be extradited.

Travelling woes

Cancelled Mexican flights have passengers scrambling

KRISTA SYLVESTER
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VideoOnline

Travel agencies and airlines grapple with the swine flu fallout at metronews.ca/local

me, I realized it was the right thing to do and we made the decision," Johnston said.

Johnston's hand was forced though, she said, as many of her 40 guests wouldn't have been able to attend her wedding had she not called it off. However, while most airlines were cancelling flights to Mexico destinations, Johnston's US Airways had not yet made the same decision.

"It's really disappointing when I think about the safety of the people around

"Some of the guests were

told by their workplaces they would have to take days off when they came home from Mexico. Their employers were advising them not to travel," she said.

Johnston said the sad part is that some of the guests might not even be able to make the next wedding date later in June because they might not get the time off and some opted to take vacations elsewhere instead.

Michele Fugiel Gartner had planned a weeklong family vacation in Cabo San Lucas in early June when she learned that WestJet had cancelled all

flights to Mexico.

The Calgary-based carrier made the announcement Tuesday that it would cease service to four Mexican destinations on May 4 until June 20, leaving her plans in limbo.

"My family lives in the southwestern U.S. and we were going to meet them in Cabo for a weeklong vacation," she said.

"Their U.S.-based airlines haven't cancelled flights nor are offering refunds for that time period yet, so it was shocking that Canadian airlines choose to cancel their flights."

WITH FILES FROM SHAWN LOGAN

MORE COVERAGE, PGS 3, 4 & 6

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Local

Parks and Recreation with Amy Poehler

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Queen of country music coming to town

The Queen is in the building. Or at least she will be when she takes the stage during the Calgary Stampede on July 9. Legendary "Queen of Country Music" Reba McIntyre will return to the city, it was announced yesterday. Tickets for the show will go on sale Friday, May 15.

METRO CALGARY



Crown asks for 3 years in soccer coach case

COURT A former minor soccer coach should spend three years in prison for sexually assaulting a 14-year-old boy on his team, a court heard yesterday.

Crown prosecutor Brita Kristensen is calling for the tough sentence after Shawn Patrick Chamberlain-Fram, 22, was found guilty of sexual assault for the 2007 incidents. Defence lawyer Dave Grier is calling for the lowest sentence possible citing his client's young age and first-time offender status. Sentencing is May 27.

City housing set for steepest drop

PRICES Calgary housing prices see steepest decline in Canada according to an industry source.

According to the Teran-National Composite House Price Index, prices fell 8.1 per cent year-to-year in February, compared with a national composite price drop of 4.1 per cent.

Calgary also saw the biggest drop 12 per cent from peak prices in August 2007.

The index is estimated by tracking observed or registered home prices.

News in brief

SCHOOL The Alberta Teachers Association is concerned about a bill that would allow students at all public schools to leave classrooms when course topics are brought up that may interfere their religious beliefs or sexuality. ATA president Frank Bruseker says Bill 44 has too much grey area and could be potentially misused.

METRO CALGARY

Coyote attack thwarted

Calgary transit driver steps in to save 16-month-old puppy



KRISTA SYLVESTER
krista.sylvester@metronews.ca

For one young pup, getting onto a bus full of strangers yesterday morning was a far better option than getting devoured by coyotes.

Sixteen-month-old Duke was shaken up but relieved when Calgary Transit driver Dawn Hagel rescued him from the clutches of two prowling coyotes while on her route.

"These coyotes were looking at the poor puppy as breakfast, but I just couldn't let that happen. They were definitely trying to get at him," Hagel said.

Hagel spotted two coyotes cornering the young pup underneath a truck around 6:30 a.m. along her bus route in Bowness near the Greenwood Village Trailer Park.

Heeding call to duty, Hagel pulled the bus up and opened the door to let Duke in.

"He just came in like it



Sixteen-month-old puppy Duke sits in the driver's seat with Calgary Transit bus driver Dawn Hagel. Hagel saved the young pup from two coyotes yesterday in Bowness.

was a better choice for him than staying out there. He kind of just looked at everyone and walked around and the passengers were very supportive," she said.

The Australian Cattle Dog suffered minor bites on his legs but was happy

to see his owner — who was even happier to see his dog.

"I was terrified, I wasn't sure if I would be looking for a carcass of him," 55-year-old owner Hugh Magill said.

Magill was walking Duke and another dog unleashed

in the off-leash park when the coyote came down and lured Duke away and Magill lost site of the animals.

"I think she went above and beyond. She could have just scared the coyotes away but she made sure Duke made it home safe and sound."

Tenants get warning on swine flu

SHAWN LOGAN
for Metro Calgary

HEALTH The owners of Bankers Hall have warned tenants an employee in the complex has been exposed to swine flu, but health officials say they aren't aware of any new cases.

A memo that was circulated to businesses in the downtown office complex yesterday said an investigation determined the child of a building employee had contracted the virus during a trip to Mexico and the employee was sent home. The memo, from Shona Waddell of Brookfield Properties, said the employee exhibited no symptoms but was being sent home indefinitely as a precaution.

Alberta Health and Wellness spokesman Howard May said there are still only two confirmed cases of swine flu in Alberta, including a man in Calgary and a boy in northern Alberta.

FlareFashion



Lisa Tant
Read the blog at metronews.ca/flarefashion

metronews.ca

What's online today:



Video A Calgary bus driver rescues a cowering dog from circling coyotes at metronews.ca/canada

Lotteries **KENO** **PPG**
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lize some choice spots for campers with deep pockets.

The new system will allow those looking to escape the city to book a site 90 days in advance for \$10 by logging on to Re serve.AlbertaParks.ca, as well as being able to track its availability and get a 360-degree glimpse of the spot.

But Liberal MLA Harry

Chase said the system may make it easy for some avid campers to pin down a prime site for the entire season.

"What is in place to prevent someone from turning a publicly subsidized campground site into their own seasonal long weekend retreat?" he asked.

But Alberta Tourism

leschuk said if those who reserve a spot pull the plug, the site will immediately be available online.

"If the site is cancelled that \$10 will not be reimbursed and the site will become available again in real time on the website," she said.

Among the campgrounds available for online bookings are three in Kananaskis, Writing on Stone Provincial Park and Dinosaur Provincial Park.

Groundbreaking set for new school

West Calgary High School will be one step closer to existence after a ground-breaking ceremony on Friday. The new school will be located across from Westside Recreation Centre on 69th Street SW and Springborough Boulevard. SW. METRO CALGARY

local 3

Verizon slated to fashion 'Calgary' model?

CELLPHONE Tech blogs are breathlessly touting a new cellphone named after Cowtown that will sport a long-coveted innovation.

The new Motorola Calgary, a slick Verizon model that will reportedly have a touch screen and slide out QWERTY keyboard, is generating plenty of buzz amongst online technocrats as the first mobile phone with Google's Android operating system.

Motorola spokeswoman Danielle McNally yesterday declined to discuss the explosion in blog posts, noting the company "does not comment on rumours and speculation."

The Calgary is slated to join the crowded cellular market later this year.

City dad picked to be 1st Alberta torch bearer

Olympics A Calgary-based father of four has been named Alberta's first Olympic torch bearer in a countrywide contest held by the RBC Royal Bank.

Adriano Fisico was selected to carry the torch after pledging to donate once a week to the Calgary Food Bank.

"My donations to the Calgary Food Bank will help families in need and

provide them with the chance to improve their current situation without stigma," said Fisico.

Two thousand, three hundred Canadians will win the chance to carry the torch through the contest, which ends July 15, 2009.

METRO CALGARY

Student-designed solutions

ALYSSA JULIE
for Metro Calgary

When challenged to find a solution to a household problem, Nicole Straub and Melissa Grandberg naturally thought of their dogs, Sheba and Molly.

"My dog always cries when she wants in, scratches at the door and wrecks it and if we're in a different area of the house we can't always hear her," explains Grandberg.

The solution, according to these two 13 year-old Harold Panabaker students, is the doggy doorbell — an adorable paw-print adorned mat that rings a bell when stepped on. It's wireless too, so it goes wherever the dog does and doesn't need to be plugged in.

The students spent over a month designing the product, which they displayed at city hall yesterday. They were joined by 360 budding entrepreneurs from 12 schools around Calgary, each showcasing a variety



ROBIN JUNIS/SU/FOR METRO CALGARY

Nicole Schott, 14, left, Miranda Koroluk, 14, and Emmett Cook, 14, from Tom Baines Jr. High School show off their most stellar invention, the Tissue Topper, at the fourth annual Invention Convention held at the West Atrium of Calgary City Hall.

of unique inventions as part of the Learning Partnership's integrated science and technology program for students Grades 7 and 8.

The girls' science teacher, Tim Lindberg, says the program has been a great way

for the students to develop and apply important problem solving skills.

"They have to consider whether the product is safe for the consumer, whether it's marketable to the consumer and whether it makes their daily life easier," explains Lindberg.

Creating the doggy doorbell was definitely hard work, agreed Straub and Grandberg, but the girls said they worked well together and that the invention has made life easier for them and their dogs.

Vatican statement not enough: Counsellor

VICTORIA HANDSIDES
Metro Canada

Fontaine in private meeting

Pope Benedict XVI held what participants described as an emotional private meeting with Phil Fontaine, Grand Chief of the Assembly of First Nations of Canada, and Catholic repre-

sentatives after his general audience. Fontaine said he was very happy and moved to hear the Pope "say to us that he understands the pain and suffering ... that he is sorry that we were forced into this tragic situation."

"We heard that very clearly," Fontaine said. REUTERS

simply be dismissed by Pope Benedict XVI's attempt at reconciliation yesterday, Lusty said.

During an address in St. Peter's Square, the Pope

called rampant sexual abuse, involuntary sterilization and inhumane treatment suffered by Aboriginal schoolchildren between the 1880s and

1970s "deplorable conduct." But, Lusty feels, didn't place any accountability on the Catholic Church.

"He should get his head out of the sand and quit living in denial," the 67-year-old insisted. "The Vatican should issue a formal apology in black and white."

Lusty works as a counsellor with residential school survivors at the Alberta Native Friendship Centre, and says local Anglican, Presbyterian and United Church groups have already committed to repairing confidence in spiritual leadership.

Three wild horses found dead near Sundre

SHOOTINGS Wild horse enthusiasts are devastated at the latest slaughter of three animals near Sundre.

Bob Henderson, president of Wild Horses of Alberta Society, said the gruesome discovery was made on Tuesday night, with the finding of a pregnant mare near giving birth, a yearling colt and a four-year-old stallion, all shot to death.

"These horses were just up on a hillside not bothering anybody or anything and someone comes along and shoots them," he said.

"It's just gut-wrenching."

Over the past five years some 27 wild horses have been killed with no one brought to justice, despite the society posting a \$10,000 reward two years ago.

Henderson said the dead animals were found on a hillside about 40 km west of Sundre after being spotted just hours earlier with no apparent problems.

He added the herd has narrowed to as little as 200 horses and is still dropping.

RCMP and Alberta Fish and Wildlife were on the scene yesterday investigating.

SHAWN LOGAN/FOR METRO CALGARY

"These horses were just up on a hillside not bothering anybody or anything and someone comes along and shoots them."

Bob Henderson, Wild Horses of Alberta Society

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Young women whose children have been put into foster care are getting a second chance at parenting thanks to a program in Saskatoon. Pleasant Hill Place provides counselling and a means for moms to reintegrate into their children's lives. **CBC NEWS ONLINE**

Canada



Coal stations to be phased out: MP

The Canadian government plans new regulations that will effectively phase out traditional coal-fired power stations, Environment Minister Jim Prentice said in an interview. He said that new coal plants would have to include technology to capture greenhouse gas emissions and inject them underground for permanent storage.

REUTERS

Tracking the impact of swine flu outbreak

Experts weigh in on potential severity of virus

What kind of beast will the swine flu prove to be?

Will it gore its way across the globe in a virulent pandemic, or root around a bit here and there — and then just go away?

"All bets are off," says Dr. Michael Gardam, director of infectious disease prevention and control at the Ontario Agency for Health Protection and Promotion.

"We're in a really weird period right now where you don't know which way this is going to go."

But interviews with several top communicable illness experts suggest there

New cases

- Confirmed cases of swine flu in Canada rose to 19 yesterday, with health officials predicting the number will continue to grow because of the country's travel links with Mexico.

REUTERS

may be some reasons to wager on the more benign outcome, particularly in advanced countries like Canada.

Gardam says evidence so far suggests the swine flu may have the potential to match a 1957 Asian flu

pandemic, which killed an estimated two million around the world. But it almost certainly won't have the lethal legs of the 1918 Spanish flu, which sent more than 50 million to their graves.

"I think I feel comfortable saying what I'm seeing thus far fits within what we've been planning for," Gardam says.

In Canada — and around the world — the disease almost certainly exists already in far larger numbers than we know. But it's not making people sick enough to see a doctor.

TORSTAR NEWS SERVICE

Law firm calls for disclosure of travel

LABOUR

In view of the WHO's Phase 5 alert yesterday, the Labour and Employment group at Calgary-based law firm McCarthy Tetrault is encouraging employers to consider introducing a policy requiring disclosure of personal employee travel to swine flu "hotspots."

They advise a return to work guideline that may require employees to absent themselves from the workplace and declare whether or not they would be eligible for sick pay.

Paul Wearing, a Toronto-based employment and labour lawyer, said in certain conditions, departments of health "can direct and insist on staff absent-

ing themselves if they have come down with a communicable disease."

"Entitlement to pay while on leave will depend on the precise language of the collective agreement," Wearing said.

In daycares and hospitals, there may be clauses in collective agreements that permit management to require staff to take sick leave, he added.

"Employers must be sensitive to employee rights to privacy and Human Rights Code considerations as well as employer obligations to maintain a safe work environment as per (occupational health and safety standards)" Wearing added.

METRO CALGARY

Study warns of food bank use rising

SOCIAL JUSTICE

Canada's booming economy helped reduce food bank use before the recession, but it didn't erase the surge that followed provincial welfare cuts of the 1990s, says a new study to be released today.

And unless federal and provincial governments repair the country's tattered social safety net, more Canadians will be forced to rely on food banks as the economic crisis deepens, the study warns. The study, by the Canadian Centre for Policy Alternatives, is the first national analysis of how welfare policy affects food bank use.

TORSTAR NEWS SERVICE

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Decision expected on flood buyouts

A decision will be made soon on property buyouts for flood victims, said the provincial minister responsible for emergency measures. Steve Ashton is in Ottawa meeting with federal officials on the matter. **CBC NEWS ONLINE**

Guilty verdict at sex photo trial

A Hong Kong court found a computer technician guilty yesterday of stealing over 1,300 sexually explicit pictures off the computer of actor Edison Chen, which were widely distributed and tarnished the careers of several stars across Asia.

Appearing in court wearing dark glasses, a cap and face mask as photographers swarmed around him, Sze Ho-chun was found guilty by a Hong Kong magistrate of three counts of obtaining access to a computer with a view to making a dishonest gain.

Sze, 24, who serviced a laptop computer belonging to Chen in 2006, was accused of unlocking encrypted files, then copying and distributing over 1,300 lewd photographs.

Chen, who has a regional following, admitted to taking the pictures of him performing sex acts with at least half a dozen

Edison Chen

- Chen, 28, has appeared in films such as "Infernal Affairs" a Hong Kong triad film which inspired Martin Scorsese's "The Departed" as well as the recently released film "The Sniper."

women, including the Hong Kong starlets Cecilia Cheung, Bobo Chan and Cantopop star Gillian Chung from the pop duo Twins.

Since the scandal broke last year, the explicit photographs have spread over the Internet and been splashed across the city's newspapers, burning the careers of starlets such as Chung who had to split from her singing partner Charlene Choi.

Chief Magistrate Tong Man called Sze's actions a "serious crime" as well as a breach of trust in delivering his verdict. **REUTERS**

Edmonton Day of dancing



Jenelle Wilson of The Yellow Ribbon Dancers performs for International Dance Day 2009 in Edmonton's Churchill Square yesterday afternoon.

News in brief

LISTERIOSIS The head of a secretive investigation into the deadly outbreak of listeriosis linked to ready-to-eat meats will interview the federal agriculture minister at the centre of the crisis after all. "I'm quite excited to chat with her about this," Agricul-

ture Minister Gerry Ritz said yesterday during his appearance before a parliamentary subcommittee on food safety conducting a separate probe into how 22 people died and hundreds more became sick after eating tainted deli meats from a Maple Leaf

Foods plant in Toronto last summer. Sheila Weatherill, who Prime Minister Stephen Harper appointed to lead an independent investigation into the crisis, told the MPs last week she had not interviewed Ritz.

TORSTAR NEWS SERVICE

Case may resume against Canadian

GUANTANAMO The case against a Canadian inmate of Guantanamo Bay that was halted by U.S. President Barack Obama will resume on June 1 unless the administration intervenes, his lawyer said yesterday.

Walter Ruiz, one of the lawyers for Toronto-born Omar Khadr, said his team had received the announcement from one of the judges presiding over the case of his client.

"We just received a scheduling order from Judge (Patrick) Parrish yesterday, who is a judge on the Omar Khadr case, indicating that absent any action by the current administration or any request for a continuance, the proceedings will resume on June 1," Ruiz told reporters.

Khadr is charged with killing a U.S. soldier during a firefight in Afghanistan in July 2002, when he was 15. Khadr, now 22, is the only citizen of a Western nation still imprisoned at Guantanamo.

REUTERS

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Two car bombs kill dozens in Baghdad market

At least 41 people were killed and 68 wounded yesterday when twin car bombs ripped through a busy market of Baghdad's Sadr City slum, mowing down families near a popular ice-cream parlour, police said. A third car bomb planted in a taxicab was detonated by security forces, police said. **REUTERS**

World



Berlusconi, wife in spat

Italy's first family soap opera was back on the front pages yesterday after Prime Minister Silvio Berlusconi's wife said his party's selection of women to run in European elections was a "shamelessly trashy" process. Veronica Lario, 52, said she agreed with descriptions of her husband's party's choice of female candidates as "entertainment for the emperor." **REUTERS**

News in brief

LONDON Two men cleared Tuesday of helping to scout out targets for the London suicide bombings in July 2005 were jailed for seven years yesterday for planning to attend terrorist training camps in Pakistan. **REUTERS**

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Obama marks first 100 days

POLITICS U.S. President Barack Obama yesterday trumpeted the sharp break he has made from the Bush administration's policies in his whirlwind first 100 days but also expressed some caution about the future.

Obama has signalled a new approach on policies from the economy to climate change to U.S. relations with Iran as part of an agenda that both his supporters and critics describe as ambitious.

The popular president, whose approval ratings are above 60 per cent, used a town-hall event in Missouri to push initiatives on health care, education and the economy.

"We have begun to pick ourselves up and dust ourselves off and begun the work of remaking America," Obama said. **REUTERS**



A passenger wears a protective mask upon arrival at Charles de Gaulle airport north of Paris yesterday. France will ask the European Union to suspend all flights going to Mexico due to the swine flu outbreak, officials announced yesterday.

ments and businesses to take action, and to pharmaceutical companies to ramp up antiviral drug production and capacity, and indicates that the disease is unlikely to fade away. **REUTERS**

New way to track mosquitoes

A novel genetic technology will be used in Africa to track mosquitoes that spread a disfiguring disease called Elephantiasis, scientists said yesterday. **REUTERS**

world

7

Domestic violence rampant in Iraq: UN

The vast majority of Iraqi women face domestic violence on a regular basis and many commit suicide because of it, the United Nations said yesterday.

Iraq and the semi-autonomous region of Kurdistan should take measures to stop violence against women, including honour killings and genital mutilation, the UN mission in Iraq, or UNAMI, said in a report on human rights.

The sensitivity of Iraqi communities to issues concerning women is such that families are frequently not reporting to the authorities incidents of violence

Focus on Kurdistan

- The UN report said it paid special attention to the plight of women in Kurdistan, an area where ethnic Kurds have enjoyed virtual independence

since the end of the first Gulf War. It said 139 cases of gender-based violence were recorded in the second half of 2008 in Kurdistan

against women," it said.

To "escape the cycle of violence," many women turned to suicide, the report said.

Iraq should "investigate incidents involving gender-based violence, in particular the so-called 'honour crimes' perpetrated against women, and take measures

REUTERS

to ensure that persons found responsible for committing these crimes are held accountable and brought to justice," UNAMI said.

UNAMI added it was concerned about threats against women because of the way they dressed.

REUTERS

News in brief

PAKISTAN Pakistani troops took the main town in strategically important Buner Valley yesterday after dropping by helicopter behind Taliban lines, killing more than 50 militants in two days, the military said.

REUTERS

Plan unveiled for green Paris

FRANCE French President Nicolas Sarkozy unveiled a 10-year, \$56-billion project yesterday to transform Paris into a green metropolis.

At the heart of the plan is a 130-kilometre automatic metro line looping around the city, linking a series of

new economic and technology centres, and more flexible planning laws.

The "Greater Paris" project has been billed as one of the biggest redevelopments of the French capital since the 19th century.

REUTERS

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Comment & Views

Comment

He's just that into record collecting

Relating

Steve Collins

metronews.ca/collins

As my splendid colleague Andrea Woo wrote last week on the musical vetting potential of mates, "A man who has amassed shelves of classic vinyl records ... has invested time, money

and effort into something he is passionate about. A Top 40 fan, not so much."

Point taken, but it strikes me those high fidelity hectares of vinyl could also serve as a warning.

This extends past music and into any of the obsessions (more kindly termed hobbies) guys have a propensity to develop, and whether it's hockey fanboyhood or political blogging, the degree of competition they exert for their attention can be considerable. (Gender generalizations are, as always, just

that. A buddy is a World of Warcraft widower, genially accustomed to his wife's extended virtual absences in the land of Azeroth.)

Only the chronically single can truly afford the detritus that accumulates in the pursuit of the complete works of B-movie auteur Lloyd Kaufman or Star Wars action figures in the original packaging.

Once shack-up has occurred, or even once someone is sleeping over on a regular basis, this clutter, no matter how lovingly curated, will be subject to

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

quiet or not-so-quiet assessments every spring cleaning season. The space a man's hobby occupies also testifies to the money, time and thought it soaks up, and suggests the degree to which it might be a rival for his affections.

One common solution is to set off a space where the treasured junk can be hoarded and worshipped

in peace. This, of course, ultimately threatens to turn you into one of those he-golfs-she-gardens couples, meeting briefly at meal-times and then again at bedtime — to sleep.

While it's always better if he can share his interests, it's also probably good policy to respect her indifference to the manifest brilliance of his fantasy baseball picks.

I still love loud, dumb music, D&D, and most everything else I surrounded myself with when I was 14 and there were no girls

around (and when I gave no thought to which was cause and which was effect).

My beloved properly takes no interest in these, and indulges and mocks my weird fixations in a combination I find frankly irresistible. Whatever my incurably uncool pursuits say about me, her endurance of them attests to her patience, sense of humour and general grooviness.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

This ain't Flint – doom, gloom be damned



Scott Broderick

"What's with all the doom and gloom?"

This is the No. 1 question being asked by local business owners lately in reference to the media's role in this self-fulfilling prophecy called "the recession."

The epicentre of this crisis is clearly in the U.S. financial markets and automotive industry. There will certainly be shock waves felt throughout the world and Canada will not escape unscathed (just ask Oshawa, Ont.,

Oakville, Ont., and Windsor, Ont.)

To put it all in perspective, however, the Bank of Canada is predicting that, in 2009, our economy will dip approximately three per cent below the peak of the wealthiest and most prosperous period in the history of mankind.

Eight times (more than any other nation ever!), the UN has identified Canada as having the highest standard of living of any country in the world.

- Interest rates are at an all-time low.
- Gasoline prices and new vehicle incentives are more attractive than ever.

"So, what's with all the doom and gloom?"

About two months ago, listening to one of our own radio stations, I came to the realization that we are part of the problem. I arrived at work that day and went on a wild rant, but left committed to making a difference. The "This Ain't Flint" campaign is the result of that rant meeting inspiration.

We chose controversial images and content that contrasts our current situation in Ottawa to that of Flint, Mich., 20 years ago. Perhaps this campaign could just as easily have run in any one of Canada's major cities. Author Roy H. Williams says,

"The risk of insult is the price of clarity." That contrast and clarity is offered in Ottawa only to inspire meaningful conversation.

We don't expect to get agreement — just dialogue.

We are not looking for consensus — just discourse.

Most people, however, will reach the utterly inescapable conclusion that, even now, they live in the finest country during one of the most prosperous periods in economic history.

Doom and gloom be damned!

Get out and enjoy it!

Scott Broderick is the director of Ontario operations for Newcap Radio.

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U.S. airlines shrug off swine flu risks

U.S. airline shares rallied yesterday as markets decided that the swine flu outbreak might not significantly crimp travel demand. U.S. airlines said they have seen little impact from the flu, and no major carrier has reported cancelling flights because of it. **REUTERS**



Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Home prices decline

Canadian home prices accelerated their fall in February, down 4.1 per cent from a year ago, according to a report issued yesterday.

The Teranet-National Bank National Composite House Price Index, which measures the rate of change of prices for single-family homes in six metropolitan areas, also showed prices were down 7.4 per cent nationally from the peak hit in August last year. Home prices fell 2.4 per cent in January from a year earlier.

"The disinflation that be-

"Canadian housing has become a buyer's market after five years of seller's-market conditions."

Marc Pinsonneault, economist

gan in February 2008 is now a year old. The retreat means that, on the whole, Canadian housing has become a buyer's market after five years of seller's-market conditions from

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Maple Leaf says scandal fallout lingers despite profit

FOOD Maple Leaf Foods reported a quarterly profit yesterday but the effects of last summer's costly recall of tainted meat lingered on.

Even though revenue and profit rose in its latest quarter, the company said its profit margins continued to be hurt by the meat scandal, which resulted in 22 deaths.

Maple Leaf said it earned \$2.9 million, or two cents a share, for the first quarter ended March 31, compared with a loss of \$10,000, or nil per share, for the same period a year earlier.

The company said it planned to implement measures to improve margins, including cutting internal costs and reducing promotions.

REUTERS

Wireless could be hurt by flu: Rogers

TELECOM Rogers Communications Inc. said yesterday that swine flu could dent revenue at its wireless unit if travel restrictions prevent its mobile phone subscribers from ringing up costly roaming charges.

Travel restrictions aimed at halting the growth of swine flu could mean fewer foreigners accruing roaming charges on Rogers' network and fewer Rogers subscribers using other networks abroad.

REUTERS

Business in brief

TICKETS Ontario is going to try to stop the resale of tickets by Ticketmaster and its subsidiary TicketsNow, CBC News Online reports. Legislation amendment will "help ensure

that Ontario consumers have fair access to entertainment tickets," according to a news release yesterday from the province's attorney general.

LAWsuit McDonald's lost a

lawsuit in Malaysia yesterday after an appeals court overruled a decision that its trademark had been infringed by a local restaurant called McCurry.

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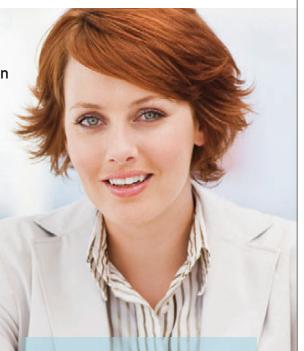
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Longtime Canadian sports broadcaster and CBC veteran Ted Reynolds died early Tuesday. He was 83. Reynolds' work included radio and television, play-by-play for 23 sports and 10 Olympic Games. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Trophies for Sonne, Kisio



Hitmen forward Brett Sonne, left, has captured the Four Broncos Memorial Trophy as WHL Player of the Year. The 19-year-old St. Louis Blues prospect had a break-out season, finishing third in league scoring with 100 points (48 goals, 52 assists). Hitmen GM Kelly Kisio also won the Lloyd Saunders Memorial Trophy as WHL Executive of the Year. METRO NEWS SERVICES

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Jarome Iginla would rather still play hockey than watch it on television.

"It's very tough to take," the Calgary captain said just two days after his Flames were ousted from the playoffs in the first round by the upstart Chicago Blackhawks.

"Watching highlights of other teams in the playoffs is difficult."

"As players, we know that we had a good shot to go deeper."

Players cleaned out their lockers and met with coaches before having to face the media one last time prior to going their separate ways for the off-season.

"I don't think it's as grim as everybody's making it ... I've got a lot of respect for Darryl (Sutter) and the organization here."

Mike Cammalleri on possibly re-signing

"It's going to be a long summer," said several players including Olli Jokinen, who led the Flames with two goals and three assists in his first six playoff games following 799 regular season contests.

Free agents currently on the Flames' roster include Todd Bertuzzi, Michael Cammalleri, Jamie Lundmark, Adrian Aucoin, Jordan Leopold, Rhett Warrener, Anders Eriksson, Adam Pardy, Warren Peters, Curtis McElhinney, Dustin Boyd, Kyle Greenstreet and Kris Chucko.

"I don't think it's as grim as everybody's making it," said Cammalleri in regards to the prospects of him re-signing with the Flames.

"I've got a lot of respect for Darryl (Sutter) and the organization here and the fact that they've continued to be competitive and will continue to do so. The city of Calgary def-

Free agent players currently on the Flames' roster.

13

initely expects that and should."

Coach Mike Keenan said he saw progress with lots of players this season and would like to be back for the final year of his three-year pact with the Flames.

"My expectation is to be here throughout my contract," said the veteran NHL bench boss.

Defenceman Robyn Regehr said his knee is feeling better after he was forced to sit out the final five games of the regular season and all six playoff contests with a sprained anterior cruciate ligament.

"I was feeling good and just going to start skating," said Regehr, who will instead continue to rest before working hard to rehabilitate his knee over the summer months.

Orlando centre banned one game

NBA Orlando Magic centre Dwight Howard was assessed a one-game suspension by the NBA yesterday for his actions in the team's 91-78 win Tuesday over the Philadelphia 76ers in Game 5 of their Eastern Conference quarterfinal series.

The Orlando superstar will miss Game 6 of the series tonight at the Wachovia Center in Philly.

Howard was given a technical foul with 9:15 remaining in the first quarter when he elbowed 76ers centre Samuel Dalembert of Montreal in the head.

The two got tangled up going for a rebound in the first quarter. Replays showed Howard threw an elbow that hit the Canadian above the shoulders. Howard drew a technical foul for the hit.

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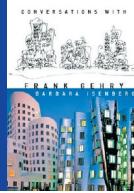
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New lines of home decor items and motifs have arrived at Homesense stores across the country. Seen here are some pillows and high-gloss frames from the new "Sleeping Patterns" line. METRO NEWS SERVICES

Metro Homes



Gehry's inspiration

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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

The evolution of the furnished basement

HomeScape

Sylvia Putz

metronews.ca/homescape

Low down on the underground

- Most important is the requirement for a dry basement. Guard at all times against seeping or flooding water during times of excessive rainfall, since this can thoroughly ruin finishes. Get waterproofing if you need it, and use floor insulation that allows drainage.
- While coolness may be lovely in the summer, a cold basement during the cooler seasons will quickly send everybody upstairs. Also consider a gas or electric fireplace that heats the air when needed.

additional windows to make the space feel less like a basement. Guard at all times against seeping or flooding water during times of excessive rainfall, since this can thoroughly ruin finishes. Get waterproofing if you need it, and use floor insulation that allows drainage.

• While coolness may be lovely in the summer, a cold basement during the cooler seasons will quickly send everybody upstairs. Also consider a gas or electric fireplace that heats the air when needed.

sent into the basement as punishment because it was such a frightening and unpleasant place.

But those days are over, thank goodness. At some point, people began to consider the basement's potential as more than a setting for a scary novel or a creepy movie. After all, it could increase your living space by a full floor, giving you lots more room to spread out. Who could resist?

By the time I arrived on the scene, a finished basement looked exactly like the one depicted in late 1970's Wayne's World skits — the infamous "rec" (wreck) room of my youth. Some of you may remember the wall-to-wall shag carpeting, the wood paneling on every wall and the well-worn matching plaid sofa and armchair.

Precisely because of its slovenly charms, we teenagers would automatically head down to the basement. Here in this forgiving space, we could hang out undisturbed, watch TV and eat snacks without fear of messing up the fussy spaces upstairs.

But things have changed in the world of finished basements. The ante has been upped, and the finished basement is becoming elegant and stylish. It looks more like a bona fide part of the house, no longer the make-do space it used to be.

The design is often customized, and people are designing with their hobbies in mind.

But before you go off and renovate, make sure you tackle the three scourges of finished basements — dampness, lack of light and lack of warmth. Remember that a basement is, in fact, built into a hole in the earth and you must come up with ways to get around the natural disadvantages inherent in this reality.

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Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

A tough nut to crack

In 1919 the 36th Texas Legislature made the pecan the state tree. In southeast Texas, the Texas Pecan Festival is celebrated every year. "Pecan" is from an Algonquian word, meaning a nut requiring a stone to crack. METRO NEWS SERVICES



Food

Although popularly referred to as a nut, the almond is not a true nut, but the seed of a drupe (a botanical name for a category of fruit).

METRO NEWS SERVICES

**Foreigner**

The word walnut derives from Old English "wealhnutu," literally "foreign nut." The walnut was so called because it was introduced from Gaul and Italy.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Just a handful of sweet heat

À la carte
Barb Holland

metronews.ca/alacarte

Nuts and seeds not only add flavour and texture to just about any dish, they are nutrient dense and provide an array of beneficial nutrients such as protein, vitamin E, folate, calcium, magnesium, copper, zinc, iron and fibre.

Walnuts are a great source of the omega-3 fatty acid and are rich in antioxidants. Almonds are high in calcium, magnesium, potassium and vitamin E. Peanuts are higher in pro-



BARB HOLLAND/FOR METRO CANADA

Sweet with a hint of spice, these nuts can be addictive.

tein and niacin than most other nuts and rich in folate. Pecans have a very high antioxidant content. As well, nuts and seeds contain protein, especially when combined with

legumes such as peas, beans and lentils.

And yes, nuts contain fat, and while it is mostly healthy-for-your-heart fat. So practise portion control and top your cereal, yogurt, salad or pasta with a sprinkle of

One serving is 1 oz. (30 g)

nuts or seeds for a healthy crunch.

Sweet & Spicy Nuts

Sweet with a bit of heat, they can be addictive. The amount of cayenne is up to you. Makes 2 cups (500 ml).

INGREDIENTS:

- 1 egg white, lightly beaten
- 2 cups (500 ml) walnut or pecan halves
- 1/4 cup (60 ml) brown sugar
- 1 tsp (5 ml) ground cumin
- 1/2 to 1 tsp (2 - 5 ml) cayenne
- 1/2 tsp (2 ml) salt

METHOD:

In a bowl, lightly beat egg white. Add nuts and stir until nuts are evenly mois-

tened. Combine brown sugar, cumin, cayenne and salt; sprinkle over walnuts and toss well to coat evenly.

Spread nuts on parchment paper lined rimmed baking sheet. Bake in pre-heated 325 F (160 C) oven 25 to 30 minutes, stirring every 10 minutes to separate nuts, until coating is crisp and nuts are fragrant. Cool before serving.

Tips:

- Buy nuts and seeds where there is a high turnover for freshness.
- Store in an air-tight container in the refrigerator for up to six months or freeze for up to one year.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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INSPIRED; VERY GOOD; PALATABLE; HO-HUM; NEVER AGAIN

Aida's fresh and delicious

LunchRush

Carla Ciccone

metronews.ca/lunchrush

Aida's Mediterranean Bistro
2208 4 Street SW
403-541-1189

Hours of operation: Sun. and Mon., 11 a.m. - 9 p.m.
Tues. to Sat. 11 a.m. - 11 p.m.

Rating: **★★★**

Price range: **\$**

Reservations: Yes

Client negotiations: No

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: Yes

Time in: 12:15 p.m.

Ordered: 12:25 p.m.

Food arrived: 12:37 p.m.

Time out: 1:15 p.m.

Total time: 1 hour

Low \$: Spinach and Lentil

Soup, \$4.50

High \$: Kabob Sampler, \$29

Lunch menu: Same as dinner menu

Licensed: Yes

Aida's Mediterranean Bistro is a busy and trusted staple on Mission's main street, but you wouldn't know it from their prices.

Aida's menu is full of interesting looking options, from kabobs to falafels, but my friend Leanne and I both opt for the Herbed Lemon Chicken (\$13). It comes with a choice of tabbouli or fattoush salad, as well as baba ganoush or hummus. I chose the fattoush and hummus. The food comes quickly, and despite its lemony name, the chicken was in a creamy, mayo-based sauce, and barely tasted of lemon at all, although it was

topped in tomatoes and tasted great. The hummus was smooth and well-blended, and the garlic, which I find is usually overpowering in hummus, was blended in with the chickpeas seamlessly. The drizzle of olive oil on top of the hummus was a nice touch and helped make for a delicious pita dipping experience. The fattoush salad was also very pleasant. The romaine was crisp and fresh, the pita chips perfectly crunchy, and the vinegar, oregano and olive oil dressing completely balanced. The flavours of the meal were strong, but not too strong, and the sal-



Herbed Lemon Chicken, \$13.

ad, hummus and chicken were very complimentary together.

Sitting by the window with a friend, people watching and enjoying good conversation, is the perfect way to enjoy a delicious Mediterranean lunch at Aida's.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Movie mates

My suggestion to match wine and a DVD rental a couple of weeks ago had many of you asking what goes best with movie munchies.

I'm a potato chip fan from way back so a bowl full of salt-laden, deep-fried spud shavings is my favourite snackable

when I pop in a disc. Excessive saltiness in anything can be a wine killer but the bubbly goodness of a sparkling wine cleanses the palate and works wonders with even the simplest of dishes.

The Jacob's Creek Chardonnay Pinot Noir (\$13.65 - \$16.99) from Down Under is an ideal when-in-doubt wine that goes with just about anything (including a plate of nachos or a big bag of Cheezies) with its champagne styling and smooth berry fruit undertones.

Of course popcorn is the classic movie mate and its wine partner is dictated by whether you pour on the butter or prefer your Orville Redenbacher naked. Any dry white will do if you pass on the topping but butter fans should reach for a

glass of something that mimics the creaminess on the kernels like **Mission Hill's Reserve Chardonnay (\$18.99 - \$21.99)** from British Columbia. Now if only finding a decent flick to watch was easy.

Prices reflect across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

AFRICAN GLAM

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(\$135, at Aldo)

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designers, shops, bistros and
more—only in our May issue!

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earring, Modes
Chivas (\$35, 514-
389-7166)



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Hoss Intropia
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Editors' Pick

SUN DANCE

A vintage photo of Katharine Hepburn returning from a day at the beach inspired the sun-kissed skin and red lips seen at Michael Kors. Normally reserved for fall, this vivid red mouth looks easy and fresh when paired with glowing skin. Sweep a bronzing powder on cheeks, nose and other places where the sun naturally hits, and fill in subtly lined lips with a moisturizing lipstick.

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Pur in
Blazing
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Michael Kors

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Lil Wayne has filed a lawsuit against a producer who used a sample for a song without permission. According to the suit, Wayne's lawyers claim Rock Productions produced the rapper's song *I Feel Like Dying* and was responsible for obtaining any necessary licensing agreements. METRO NEWS SERVICES

Lil Wayne launches suit

Entertainment

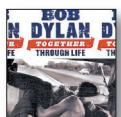
EDITOR: DEAN.LISK@METRONEWS.CA

Life's good for Dylan

Bob Dylan

Album: Together Through Life
Label: Columbia/Sony
Rating: 

THESE ARE DIFFICULT times in which we live, especially for those of us peeking around the far corner of life. We're watching the landscapes in which we grew up turn to rust and finding the dark side of the people with whom we've entrusted our dreams. Whether by plan or coincidence, the poet grapples here with a greying world that seems barren of meaning or answers. The song titles of the opening tracks — Beyond Here Lies Nothin', Life Is Hard,



(Hell Is) My Wife's Home-town — relate a foreboding but familiar story. With the help of Grateful Dead lyricist Robert Hunter, Dylan presents us with a script for the late stages of life, blemished and filled with bitterness. He offers it up in the only way his ragged, grating voice can still sound vital — as a blues singer (with credit to Willie Dixon), howling at forces we've never been able to control. And the blues come easy to his always-expert band, buoyed by the accordion of Los Lobo David Hildago and accented by the caustic guitar of Mike Campbell. But there's always hope, even with Dylan, even in these troubled times. As the closing track of the album states, It's All Good.

Graham Rockingham/for Metro Canada

Patrick Watson

Album: Wooden Arms
Label: Secret City Recordings
Rating: 

THIS IS ONE of those arty records that many people "in the know" will pay homage to, but few will actually listen to more than once. It's the sort of thing you pull out late at night when you're stuck at home and the rain is hammering against the window. Watson is a fine pianist and he's got some extraordinary musicians backing him up, especially drummer Robbie Kuster and guitarist Simon Angell. There are patches of brilliance throughout this



MusicReviews

music@metronews.ca

ambitious piece of chamber pop. But Watson, who won the Polaris Music Prize in 2007, deals more with atmospherics than melody. Fluttering violins, dancing harps and cartoon sound effects are all nice, but only the country-flavoured Big Bird In A Small Cage really breaks through. And that's due to an infectious banjo from Angell and some welcome vocal assistance from Katie Moore. This could do with a little more melody and a lot less ambience.

Graham Rockingham/for Metro Canada

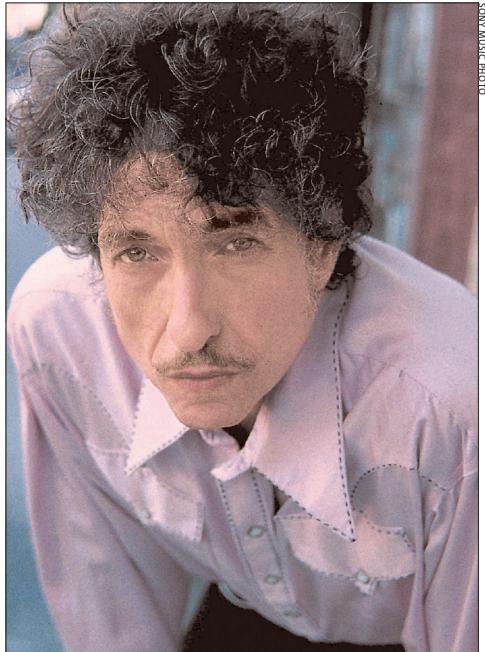
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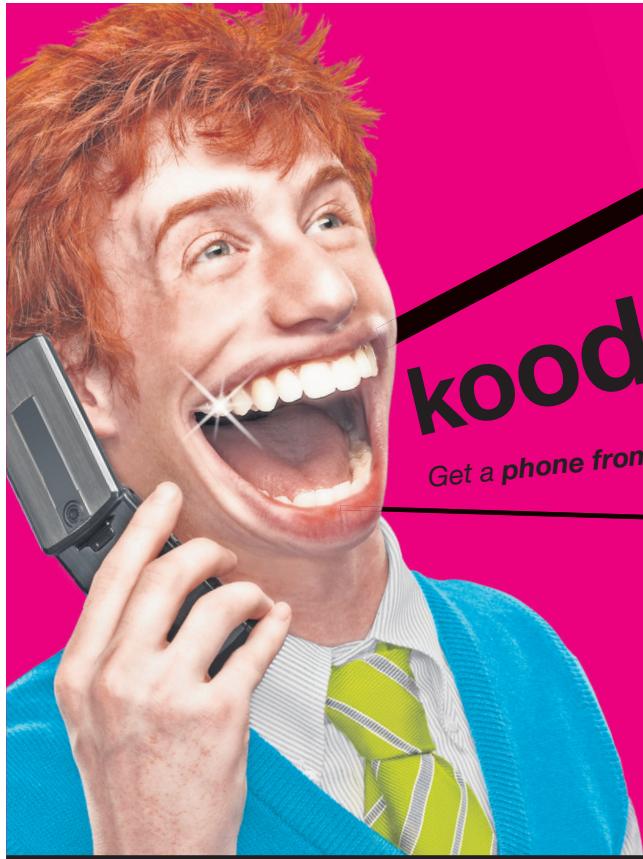
Twin girls

It'll be a girl — and a girl! — for Sarah Jessica Parker and Matthew Broderick. The couple are expecting twin daughters later this summer "with the generous help of a surrogate." PEOPLE.COM

••••• A CLASSIC; •••• EXCELLENT; ••• GOOD; •• FAIR; • POOR



Together Through Life is the latest album from Bob Dylan.



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Big news

Mr. Big is back. Chris Noth, who has played Carrie Bradshaw's love interest in the past, has joined the cast of Sex and the City 2. [EMPIREONLINE.COM](#)

Steady as she goes

Silversun Pickups are happy to stay off the trend rollercoaster

BRIAN COULTON
for Metro Canada



Some things never change. At least that appears to be the running theme surrounding Los Angeles alternative shoegazers, Silversun Pickups.

The band's been active for almost 10 years. And in that time, it's gone from the cusp of hip to... the cusp of hip. "We were always the band opening up for the new hip thing," says Brian Aubert, the band's fronting vocalist and guitarist. "We would play and they would play and six months later, that scene was dead. That band would change their haircuts and reinvent themselves, and we would still open for them."

But despite the band's

seemingly static state, Aubert says he's quite comfortable with the perpetuation. "You don't want to live and die by a scene."

Silversun Pickups may be through with the scene, but the scene's not through with them. The foursome just wrapped two sets at the touted South by Southwest music festival in Austin, Texas, four dates in London, and a spot at Coachella in California — all after taking an eight-month performance hiatus.

And while Aubert admits the band didn't fare too well when they first returned to the stage, he says it quickly got back on the bike. "We did a show in Kansas City before South by Southwest. I think, two days before that, it started to feel good... which is cutting it



The Silversun Pickups.

close," he says with a laugh. "We're a live band. We could sit in that rehearsal space all day long, and it just doesn't

feel the **"You don't want to live and die by a scene."** Brian Aubert

Swoon, Silversun Pickups are picking up those pieces and running with them.

"We wanted to push things further in both directions — more chaotic (and) more crazy but a lot more moodier, quieter and prettier," says Aubert.

"I found I was trying to extract more emotion and more heightened sonics out of the older material, which I think could probably be a bad thing. That's how we started making Swoon — knowing where we wanted to go that we weren't going before."

Douglas signs on to Wall Street II

FILM Actor Michael Douglas has signed on to reprise his role as ruthless corporate raider Gordon Gekko in a sequel to his 1987 movie Wall Street, Twentieth Century Fox has said. Oliver Stone, who made the first movie, also has agreed to direct the sequel, which has the working title of Wall Street II but no scheduled release date, Fox said.

Michelle makes 100 'most beautiful' list

IMAGE U.S. first lady Michelle Obama and Twilight heart-throb Robert Pattinson have made People magazine's 100 most beautiful people list for the first time. The magazine's annual issue hits newsstands Friday.

REUTERS

Kenya's Style

Kenya Hunt

Read the blog at [metronews.ca/kenyasstyle](#)

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critics' corner

Bones

After a dead fraternity brother is found inside the mascot uniform of a rival school, Bones and Booth (Emily Deschanel, David Boreanaz) discover the victim had a shady operation going on the side. Booth offers to help his brother Jared (guest star Brendan Fehr) get a job despite a dishonorable discharge from the Navy. Michaela Conlin also stars in the new episode "The Beaver in the Otter." 9 PM on KAYU



Southland

The body of an unidentified woman found in an alley is used for target practice by gang members. Nate's (Kevin Alejandro) little sister goes missing, and secrets from his past are revealed. Russell (Toni Everett Scott) is miffed by Lydia's (Regina King) suggestion that he crossed some personal boundaries while consulting with a victim's sister. Michael McGrady also stars in the new episode "Sally in the Alley." 11 PM on KHO

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		etalk	CSI: Crime Scene Invstgtn.		Southland (HDTV) (N)	Grey's Anatomy (N)	News (N)			
-	- 4 OMNI	Two/Half Men	The Simpsons	News		The Simpsons	King	Metroplex		
-	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty "Rabbit Test"	Grey's Anatomy (N)	Practice		
245 306 6 CBRT	NHL Hockey: Playoffs	CBC News	22 Minutes		To Be Announced	CBC News: The National	The Hour			
244 338 7 CICT	ET Canada	Entertainment	(8:01) Harper's Island		Survivor: Tocantins (N)	The Office (N)	Kink in Hair	News Hour		
246 - 8 CKAL	Law & Order: SVU	Hell's Kitchen (N)			Ugly Betty "Rabbit Test"	Parks-Recreat	30 Rock	Your City		
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-	- 10 SHAW	(6) Local Programming				Local Programming				
-	- 372 12 KREM	News (N)	Hollywood	The Doctors (N)			CSI: Crime Scene Invstgtn.	Harper's Island		
-	- 374 14 KSPS	NewsHour With Jim Lehrer	Health Matters, TV for Life		New Tricks		MI-5	Artists Den		
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-	- 376 16 KHQ	News	Be-Millionaire	Jeanplay (N) Wheel-Fortune	Name Is Earl	Parks-Recreat	The Office (N)	30 Rock	Southland (N)	
-	- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV) (PA)	Hell's Kitchen (N)	News (N)		
297 652 37 WPIX	Supernatural (HDTV) (N)	PIX News at Ten Tong.			Two/Half Men	Friends	Sex and-City	According-Jim	Frasier	
500 509 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)					Larry King Live	Cooper 360		
502 502 31 CN2	Lou Dobbs Tonight	Nancy Grace			Showbiz Tonight		Lou Dobbs Tonight	Nancy Grace		
400 401 21 TSN	NHL Hockey: Playoffs	SportsCentre (HDTV) (Live)			Off the Record	Score Golf	Motoring 2009	Poker		
408 418 27 net	BC Poker Championship	Boys to the Bigs			Hockey Central	World Sport	Sportsnet Connected	MMA Conn		
410 403 30SCORE	NBA Basketball: Teams TBA	Score Tonight			Hardcore Hockey Talk		Final Score	Final Score		
411 457 44 OLN	Mantracker	Bounty Hunter	Bounty Hunter		Departures		Mantracker	Bounty Hunter		
417 406 48 SPEED	Bullrun (HDTV)	Bullrun (HDTV) (N)			Pimp My Ride	Pass Time	Bullrun (HDTV)	Bullrun (HDTV)		
552 543 20 YTV	Drake & Joss	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life "Dirty Jobs"	Falcon Beach		
557 541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School		
555 545 67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Tank Girl* (1995), ice-T		
575 583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba	
553 546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!	
-	- 18 CHTV	The Insider (N)	E! News	The E! True Hollywood Story	Name Is Earl	10 Items-Less	Party Monsters: Cabo	News (N)		
505 398 19 TWN	(5) EarthWatch One	EarthWatch One			EarthWatch Two					
606 568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	
521 560 24 TLC	American Chopper (N)	Hell-Loggers (HDTV) (N)			American Chopper		Hell-Loggers (HDTV)	Amer. Chopper		
603 561 25 FOOD	Chef Jeff Project	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Chef Jeff		
615 520 26 A&E	The First 48 (HDTV)				The First 48 "Silenced"		The First 48 (HDTV)	The First 48		
617 522 32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	Catwoman *	
601 562 33 SLICE	X-Weighted				ET Canada	Til Debt-Part	Real Housewives OC	Trading Sp		
-	- 633 34 ENCL	(6:55) Bullet to Beijing ** (1995, Suspense), Mia Sara			Always *** (1989, Fantasy) Richard Dreyfuss, Holly Hunter.		A Soldier's Story (1984)	Goodbye Girl		
520 505 35 DISC	Real Superhumans	MythBusters			Daily Planet			Real Superhumans-Quest Future Fantastic		
620 523 36 BRAVO	Tales of the Rat Fink (2006, Documentary) (DVS)				Law & Order "C.O.D."		Without a Trace	American Stag		
294 550 40 WPCH	Friends	Friends	Shrek *** (2001, Comedy)							
626 547 41 COM	Laughs	Air Force	Just for Laughs		Family Guy	Seinfeld				
-	- 539 42 TCM	(6) Glory (1989)			Corner Gas	The Simpsons	South Park	VIP		
628 584 43 SPIKE	TNA Wrestling (HDTV) (N)	Pros vs. Joes: All Stars			Mocap LLC (N)	GameTrailers	MANswers			
522 516 45 HIST	Go Deep "Panama"	NCIS "Internal Affairs"			Go Deep "Panama"		NCIS			
627 528 46 SPACE	(6) Star Trek V: The Final Frontier	Stormworld	Stargate SG-1 "Frozen"				Star Trek: Next Gen.	Star Trek V		
-	- 47 AMC	(6) The American President *** (1995)								
619 525 49 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood	Seinfeld	Seinfeld	Raymond	Family Guy		
604 564 50 HGTV	Disaster DIY	Big Amazing	House Hunters	Holmes in New Orleans	Disaster DIY	Big Amazing	HolmesOrleans			
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269 350 93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	The Last Stop ** (2000, Suspense)	Adam Beach.		MYTV		
-	- 94 MGT	(6:30) News	Eight Heroes	Mom's Upset	Vancouver	Kahashan	Dheeyan Ghar	Sadabahar	Rang Barangi	
571 581 100 MMM	AC/DC: No Bull	Entourage	Gene Simmons	The Daily Fix			AC/DC: No Bull	Entourage		
570 580 101 MM	Daddy's Girls	Degrassi: TNG	MuchTopTens		MuchOnDemand		Daddy's Girls	Degrassi: TNG	Technical	
581 566 102 MTV	The Hills	The Hills	Taking the Stage (N)		MTV Live	After	The Hills	After Show	Taking, Stage	

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18 entertainment



Brit singing sensation Susan Boyle is reportedly looking to cash in with a tell-all book, according to Crain's New York. But some publishing executives say there might not be much to tell. "She has a story," one editor tells the newspaper. "But it's a short story." **METRO WORLD NEWS**

Celebrity Buzz

Katy flashed a girl and she liked it?

NAUGHTY Katy Perry once flashed her vagina to Lady Sovereign. The singer accidentally showed the rapper her nether regions during a wild party in her hotel room, femalefirst.co.uk reports.

Lady Sovereign revealed to thehottests.com: "At one of her after-parties she put her pyjamas on and I don't think she was wearing anything underneath. It was like a long T-shirt kind of thing ... I saw something I shouldn't have seen."

Gossip blogger Perez Hilton recently claimed Katy and Lady Sovereign had "locked themselves in a bathroom" at a recent party and were "doing naughty things."

METRO NEWS SERVICES



Sam slapped with restraining order

LEGAL Los Angeles Superior Court Judge Aviva Bobb issued a three-year restraining order against Sam Lutfi, the singer's former manager Tuesday, people.com reports.

Jon Eardley — a lawyer who repeatedly challenged the validity of Jamie Spears' legal control over his daughter — was also slapped with a restraining order for three years.

Both men must stay at least 100 yards away from Britney, her two sons and her family members' homes, and must not harass Britney and her chil-

dren or contact them through phone, mail or email. It also prohibits them from "acting on Ms. Spears' behalf or purporting to act on her behalf."

The singer's father, who filed the request on Jan. 30, alleged that both men have harassed his daugh-

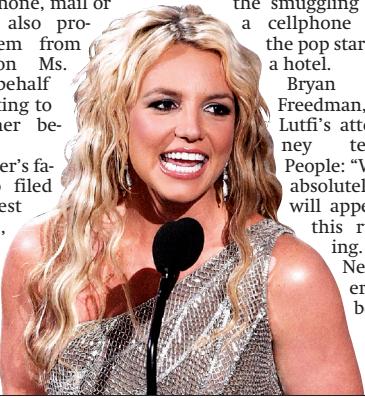
ter, adding Lutfi arranged the smuggling of a cellphone to the pop star at a hotel.

Bryan Freedman, Lutfi's attorney, tells People: "We absolutely will appeal this ruling. Never be-

fore in history has a restraining order been issued against someone who answered another person's cries for help."

The order followed several hearings in which Spears' father, her hairstylist, bodyguard, among others, testified that the singer was in fear of Lutfi. In his defence, Lutfi's younger sister Christina testified that it was Britney who hatched the cellphone scheme because she allegedly wanted Lutfi's help to end her father's control.

METRO NEWS SERVICES



Oops: Celebs unwittingly attend strip club?

TRICKED Next time, these stars will be reading the fine print!

Samantha Ronson and Shannen Doherty weren't pleased when they found out they were headed to a strip club Tuesday, usmagazine.com reports.

They agreed to attend the opening of Sapphire Gen-

tlemen's Club in New York, not knowing there would be topless dancers and body-painted performers.

Ronson was visibly angry for having to DJ at the event.

"Sam feels she got tricked into performing," a source told usmagazine.com before the party.

"She didn't know it was a strip club. She doesn't want to go on tonight!"

In fact, she wrote on her Twitter: "Note to self: read the whole email ... before saying yes to DJ gigs," she wrote. "Sapphire???"

Oops!"

Shannen Do-

herty — who left after 45 minutes — said: "I had no idea it was a strip club! ... They told me it was a restaurant or club."

METRO NEWS SERVICES

Sean files for separation

PAPERWORK Sean Penn has filed for "legal separation with minor children" from his wife of 13 years, actress Robin Wright Penn, usmagazine.com reports.

He filed the papers last Friday, Extra first reported.

Penn, 48, initially filed for divorce in December 2007, but his petition was later dismissed. Three days later, Wright Penn, 43, filed her own paperwork.

But in April 2008, the couple's divorce petition was dismissed at their request.

METRO NEWS SERVICES



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Amy moving to St. Lucia

HOUSE-HUNTING Amy Winehouse is moving permanently to St. Lucia, femalefirst.co.uk reports.

The troubled singer has spent the majority of the year on the Caribbean island and, after briefly returning to the U.K. last month, has decided to move to the island.

A source said: "Amy is fed up with the stress and trauma that comes with being in London."

"She has made so many friends

in St. Lucia and says it feels like home. When she returned to the U.K. in March she felt like an outsider."

Amy has been house-hunting since returning to the island and has finally found her dream home.

The source told The Sun that "she has her heart set on one house in particular. It is massive, right on the beach and has its own big garden."

Her record company has reportedly embraced Amy's desire to start over, and financed a recording studio so she can work on new tracks from home.

METRO NEWS SERVICE



Mel seen out with Oksana

APPEARANCE More than two weeks after his wife filed for divorce, a smiling Mel Gibson made a rare public appearance with his girlfriend Tuesday night at the L.A. industry screening of X-Men Origins: Wolverine, people.com reports.

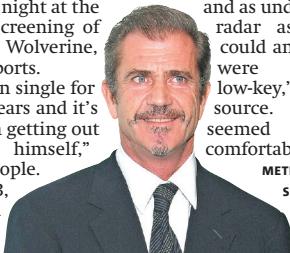
"Mel has been single for almost three years and it's nice to see him getting out and enjoying himself," his rep tells People.

The actor, 53, dressed in a black suit with

a dark grey shirt, held hands on the carpet with Oksana Grigorieva, a 39-year-old Russian singer.

"They came in quietly and as under-the-radar as they could and they were pretty low-key," says a source. "Mel seemed very comfortable."

METRO NEWS SERVICES



Tyra takes the stand

WITNESS Tyra Banks stepped out as the top witness yesterday, testifying against accused stalker Brady Green, people.com reports.

"I fear my safety. I feel extremely vulnerable. I fear the safety of my staff. My family. The people in my vicinity," said Banks, who appeared calm and spoke softly as she talked about Green, 38, who is charged with stalking, harassment and criminal trespass.

Explaining the intensity of the threat, Banks said, "I was at work one day about to leave and a bunch of people on my staff said, 'No! You can't go.' (Green) got past security and you need to be here. Never in my career had staff reacted like this. I had to stay in my dressing room for a while."

The incident scared Banks: "I like to walk around my neighbourhood. I run outside. I like to go to the movies by myself, eat meals by myself ... The show made significant changes. They hired security. Plain clothes too."

METRO NEWS SERVICES





Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

Crossword across

- 1 From square one
 5 Orsk's river
 9 Bumped into
 12 —noire
 13 Narc's measure
 14 Skilled fighter pilot
 15 February 2
 17 That lass
 18 Puts on a show
 19 Salts town
 21 Ego counterpart
 22 Binge
 24 Base runner's goal
 27 "I — Camera"
 28 Rodents do it
 31 Playwright Levin
 32 Folk-song mule
- 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56

Crossword down

- 1 Rudiments
 2 Spruce
 3 Sicilian spouter
 4 Shoe with triangular sole
 5 Mandolins' kin
 6 Edge
 7 Carte intro
 8 Also-ran
 9 "Le Cid" composer
 10 Musical comeback
 11 Abound
 16 Opened
 20 Cribbage scorer
 22 Huge hit
 23 Good place to get a date
 24 That guy
 25 Tramcar contents
- 26 Elephant's ancestor
 27 —Minor
 29 One or more
 30 Main ingredient in lipstick
 35 Carpool-lane abbr.
 37 Beethoven piece
 39 Copy
 40 "Bei — Bist du Schön"
 41 Baby carriage
 42 Carnival attraction
 43 Traffic pylon
 44 Eastern potentate
 45 Pepper spray
 46 Requests
 49 Summertime mo.
 50 Zero

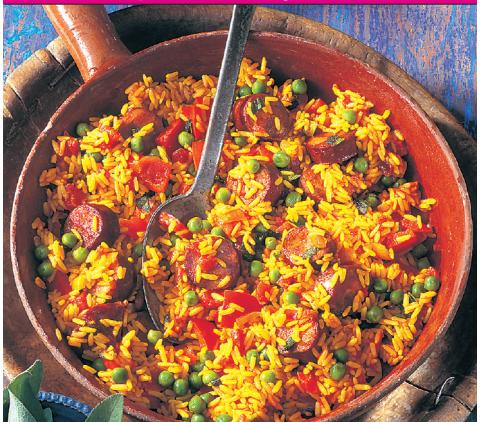
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	M	N	I	B	L	T	A	J	A	R
R	O	A	D	L	E	E	P	A	N	E
B	A	I	L	O	U	T	P	I	T	A
S	T	R	E	W	N	T	I	L	L	E
P	O	T	D	E	N	S	U	I	T	E
E	R	A	S	R	E	V	D	R	A	G
A	G	I	T	A	O	A	K	D	U	O
L	A	M	B	R	E	B	T	A	S	A
C	O	W	B	C	Y	S	E	S	A	W
A	X	I	L	F	A	I	L	S	A	F
G	F	N	M	F	A	N	T	O	G	R
E	N	D	S	R	A	Y	T	O	O	K

1	7	2	6	4	8	3	5	9
4	9	5	1	3	7	6	8	2
8	6	3	2	9	5	1	4	7
2	3	6	7	5	4	8	9	1
9	5	4	8	6	1	2	7	3
7	1	8	9	2	3	4	6	5
6	4	1	3	7	9	5	2	8
3	2	7	5	8	6	9	1	4
5	8	9	4	1	2	7	3	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME: 17-21 minSmart
 Under 13 minGenius
 13-17 minScholar 21-25 minNot bad
 25+ minKeep practising

Take Five**Metro Recipe of the Day****Spanish Rice with Chorizo and Sage****INGREDIENTS:**

- 1 1/4 cups (300 ml) chicken stock
 2 tbsp (25 ml) olive oil
 1 medium red onion
 1 clove garlic
 1 medium red pepper
 1 cup (250 ml) long-grain rice
 1 tsp (5 ml) turmeric
 1 can (19 oz / 540 ml) chopped tomatoes
 Salt and black pepper
 6 oz (170 g) chorizo sausage or spicy salami
 Small bunch of fresh sage
 6 oz (170 g) frozen peas

METHOD:

1. Heat chicken stock in small pot. Heat olive oil in wide frying pan.
2. Peel and chop onion and garlic, add them to frying pan, and cook over moderately high heat until onion is soft, stirring frequently, 3 minutes.
3. While onion and garlic are frying, rinse, halve, de-seed and roughly chop

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

**Sudoku** For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	2			8				
2	5		6		1					
	4		8							
				4		7				
9	6				5	1				
8	3									
			5		1					
	6			9		2	4			
5			3	7						

Horoscopes**ARIES**

MARCH 21-APRIL 20

Knowledge of a romance can cause suffering. A friend's respect brings out your good side. A forced move is not productive.

LIBRA

SEPT 23-OCT 23

Work out a way to ease suffering. Someone's outrage will overwhelm you. Emotional turmoil causes a mishap.

TAURUS

APRIL 21-MAY 21

Forgive someone who quickly apologizes. A receptive woman can keep a secret. A long wait ends at bedtime.

SCORPIO

OCT 24-NOV 22

Accept new challenges for old time's sake. A daydreamer needs more information. A proud person is dangerously painstaking.

GEMINI

MAY 22-JUNE 21

A sudden attraction provokes a sharp comment. Preposterous people behave like cowards. Focus on being well and happy.

SAGITTARIUS

NOV 23-DEC 21

A situation worsens before improving. An incredible person needs to be pampered. A proud person is only horsing around.

CANCER

JUNE 22-JULY 22

A meeting leads to new beliefs. Make a quick getaway after an interruption. Don't wait too long for a delivery.

CAPRICORN

DEC 22-JAN 20

You'll be surprised by someone's guilt. Beware displaying any raw emotion in public. A traitor endangers a loving feeling.

LEO

JULY 23-AUG 23

Make a necessary break in your journey. Test a theory and make a request. Don't be afraid to take it easy.

AQUARIUS

JAN 21-FEB 18

A minor complication becomes a decisive factor. You'll overcome a bout of indecision. Someone's stubbornness is meaningless.

VIRGO

AUG 24-SEPT 22

Slip away from a confusing crisis. An old-fashioned woman reprimands a fickle person. Someone's devotion will satisfy you.

PISCES

FEB 19-MARCH 20

Make up with an unpredictable dissenter. Break new ground by using strong words. Stop talking about amusing yourself with gifts.

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